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115 Food
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FOODS RICH IN CALCIUM AND PHOSPHORUS

Foods marked (*) are excellent. In the calcium list each of the fresh fruits and vegetables average .045% or more; those marked as excellent average at least .100%. In the phosphorus list fresh fruits, fresh vegetables, and meats each average .065% or more; those marked as excellent average at least .130%. Other foods as dry fruits, dry vegetables, seeds, nuts, and sirups, because they are used in smaller quantities, are considered rich enough to be included in either list only when they contain correspondingly higher quantities.

Foods Rich in Calcium

Numbers refer to literature references

- Almonds 31
- *Amaranth 9, 39
- Beans, common or kidney, dry or fresh, shelled; also snap or string 31
- *Beet greens 29, 35
- *Broccoli, sprouting 26, 35
- Burdock, roots 9, 17
- *Buttermilk 31
- Cabbage, green 5, 8, 28, 30, 31
- *Cabbage, Savoy and non-headed 5, 8, 31, 37, 38
- *Cabbage, Chinese, non-headed varieties including tendergreens 5, 9, 17
- Carrots 31
- *Cauliflower 31
- Celery 31
- *Chard 5, 31
- *Cheese, Cheddar or American 7, 21, 31, 32, 33
- Cheese, cottage 7, 12, 21, 32, 33, 35
- *Cheese, Swiss 7, 21, 33
- Chickpeas 24, 34, 36
- Chicory, leaves 35, 38
- *Clams 31
- *Collards 5, 16
- Cottonseed flour 31
- Cream 31
- *Dandelion greens 31
- Dock or sorrel 35
- Eggs, whole 31
- Egg yolk 31
- Endive 37
- Figs, fresh or dry 31
- Hazelnuts 31
- *Kale 9, 25, 35
- Kohlrabi 31
- Leeks 31
- Lettuce 5, 20, 31, 38
- Lobster 17, 33
- Maple sirup 31
- *Milk, whole or skimmed; evaporated, condensed, and dried 31
- Molasses 19, 31, 35
- *Mustard greens 2, 5, 9, 11, 16, 35
- Okra 31
- *Orach 35
- Oranges 31
- Oysters 31
- Parsnips 31
- Romaine 31, 38
- Rutabagas 29, 31
- *Sesame seed 18, 22, 35
- Shrimp 31
- Sorghum sirup 16, 35
- Soybeans 1, 2, 9, 13, 17, 39
- Soybean flour 4, 27, 39
- Spinach 31
- Spinach, New Zealand 5, 6, 10, 23, 35
- Tendergreens, See Cabbage, Chinese
- Turnips 31
- *Turnip tops 5, 6, 9, 11, 16, 17, 38
- Watercress 9, 31

Foods Rich in Phosphorus

Numbers refer to literature references

- Almonds 31
- *Barley, whole 31
- *Beans, common or kidney, dry or fresh, shelled 31
- Beans, lima 5, 31
- Brussels sprouts 31
- Buckwheat flour 31
- *Buttermilk 31
- Cheese, Cheddar or American 31, 32, 33, 35
- Cheese, cottage 32, 33, 35
- Cheese, Swiss 33
- Chickpeas 24, 34, 36
- Clams 3, 31
- Cocoa 31
- Collards 5, 16
- Corn, green, sweet 31
- Cornmeal 13, 15, 31
- *Cottonseed flour 31
- *Cowpeas, or black-eyed peas, shelled 5, 31
- Dandelion greens 31
- *Eggs, whole 31
- *Egg yolk 31
- *Fish 31
- Hazelnuts 31
- Kohlrabi 31
- *Lentils 31
- *Lobster 3, 17
- Meats (having more than 6% protein) 31
- *Meats, lean or medium fat (having more than 12% protein) 31
- *Milk, whole or skimmed; evaporated, condensed, and dried 31
- Orach 35
- *Oysters 31
- Parsnips 31
- Peanuts 31
- *Peas 31
- Pecans 31
- Rice, brown 31
- *Rice, bran 14
- *Rice, polish 13, 14
- Rye flour 31
- *Sesame seed 18, 22, 35
- *Shrimp 17
- *Soybeans 1, 9, 13, 17, 39
- *Soybean flour 4, 27, 39
- Spinach 31
- Walnuts 31
- *Wheat, whole grain, graham or whole wheat flour 31
- *Wheat bran 31
- *Wheat germ 31

CALCIUM AND PHOSPHORUS IN FOODS

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